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Bid farewell to vacant factory ... please?

Former McCormick plant in east London causing headaches for nearby business owners PAGE 3

We miss you. #Grieve

Mourning loved ones on social media has become the norm, but so has the presence of online bullies who aren't paying their respects respectfully PAGE 5

Gearing up for bike fest

Bicycle! BIcycle! BICYCLE! Hop on for the Thames Region Ecological Association's 23rd Annual Bicycle Festival, which runs through to June 16 PAGE 9

NEWS WORTH SHARING.

A crew starts repairs Wednesday on a ruptured water main along Wortley Road just north of Elmwood. The break happened overnight with a "geyser" of water flowing underground by morning, a city official said. MARK SPOWART/FOR METRO

Business in 'the village' grinds to halt

Wortley Road. Water main break closes businesses, street

JEREMIAH RODRIGUEZ
london@metronews.ca

Usually a bustling hub of patio cafés and pubs, Wortley Village practically came to a standstill on Wednesday.

The neighbourhood's main drag — usually home to a few cars, lots of cyclists and a healthy number of window shoppers — looked more like a construction zone after a water main broke overnight along Wortley Road.

Crews shut off water about 2 p.m. to make way for repairs, a move that closed businesses early and left many scrambling.

The crew at Little Red Roaster, for example, was working on borrowed time to make the best of a bad situation — the kitchen crew putting a move on to fill already promised catering orders.

At Old South Village Pub, owner Mary Jane Renwick watched as dollars were washed away from her cash register. A steady, sunny day at the pub can mean big-time sales, she said.

"Because this was one of our busier days, we'll probably lose $3,000 to $4,000," Renwick said.

Adding insult to injury, "the next couple of days are supposed to rainy," she said.

City officials expected water to be flowing again by Thursday morning. Wortley Road, however, could remain closed for several days as workers do cleanup, said John Simon, London's manager of water operations. The closure runs from Bruce to Askin streets.

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ReThink consultation hits home stretch

Ken Greenberg, a consultant and Toronto's former director of urban design and architecture, talks Wednesday at Wolf Performance Hall as the city gathers the last pieces of public input for its ReThink London discussion papers. The papers, available at rethinklondon.ca, have been released over the past several weeks, providing a glimpse into the way city planners are headed as they create a road map for the next 25 years. ReThink, launched last year, has seen more than 10,000 people involved, submitting ideas and feedback, officials said Wednesday.

MARK SPOWART/FOR METRO

Western researcher tackling immigration

Innovation. Project to figure out which newcomer programs are working and why

A Western University researcher is about to play a big role in the way immigrants are integrated into Canada.

Thanks to a grant from the Canada Foundation of Innovation, Victoria Esses plans to evaluate a slew programs aimed at helping newcomers and develop new ones that will make immigration easier.

There are a lot of initiatives on the market that promote everything from inclusion to setting immigrants up with housing.

The problem, Esses said, is there's been very little focus on the programs' success rates.

"There hasn't been a lot of analysis to determine why a program is No. 1," she said. "We want to know what makes it work — is it the staff, is it the way the program is implemented, or is it the interaction between the program and the community?

"We want to find the crucial ingredient."

Esses — a psychology professor and director of Western's Centre for Research on Migration and Ethnic Relations — will work hand-in-hand with Bipasha Baruah, whose research will look specifically at issues related to gender and international development.

Combined, the pair received $181,474 from the innovation foundation to help launch what's been dubbed the Migration, Gender and International Development Laboratory.

Baruah's work will focus on empowering women with a specific eye toward issues related to gender and property ownership, along with women working in the green economy.

She plans to build and maintain a database tied to the topics.

Funding in total

- Six Western University projects received a combined $1.1 million from the Canada Foundation of Innovation, it was announced Wednesday.
- Other projects include those focused on health and science.

Baruah is a professor in the university's department of women's studies and feminist research. She's also the Canada research chair in global women's issues.

MARK SPOWART/FOR METRO

Donate

Food drive kicking hunger to the curb

Londoners will have a chance to make a difference in the next week — and they won't even have to leave their front yard.

The London Cares Curbside Food Drive starts Friday and continues through June 15. People can make a donation by putting non-perishable food in bags, tying them up with a ribbon and leaving them on the curb next to their recycling box.

From there, Miller Waste and volunteers will do all the rest, gathering the donations and taking them to the London Food Bank.

Donations can also be made at area grocery stores and Tim Hortons restaurants. Curbside donation days for all zones have been marked on the city's garbage-collection calendar.

The donations will help the food bank get through the summer.

"People have to remember that hunger doesn't take a summer holiday," said Jane Roy, co-executive director of the food bank.

Last year, the curbside drive generated donations that weighed in at 68,600 pounds.

JEREMIAH RODRIGUEZ/FOR METRO

For more news visit metronews.ca

Celebration. Shelter for abused women, children marks milestone

Women's Community House is marking its 35th anniversary in grand style.

Among other things, the shelter for abused women and their children is launching a Stories of Change project, capturing tales of success and empowerment.

The anniversary kicked off Wednesday with events continuing through October, when a community tea is planned to honour the "founding mothers."

Starting with only a handful of beds, the non-profit now operates two shelters with 67 beds, runs a social-enterprise storey and maintains 25 apartments for women who need intermediate support.

The organization helps about 6,000 women each year.

For a look at scheduled events, visit shelterlondon.org. METRO

Crime

Tips sought in armed robbery

London police are looking for three men in a March 30 knifepoint robbery.

The trio got off an Adelaide Street bus at Dundas at about 10:30 p.m. and approached two other men, demanding cash and cellphones. One victim handed over a phone, while the other refused and was punched in the face.

Anyone with information is asked to call police or Crime Stoppers. METRO

Elgin Road. SUV driver injured after collision with tractor trailer

A man received serious injuries Wednesday in a two-vehicle crash on Elgin Road between Dundas Street and Gore Road, police said.

Provincial police were called to the scene at about 7 a.m., after a collision between an SUV and a tractor trailer.

The SUV driver was taken to hospital by air ambulance with serious injuries.

The cause of the collision is being investigated.

THE CANADIAN PRESS

Noontime speech

Wynne to address London Chamber

Premier Kathleen Wynne will be the keynote speaker at a June 14 London Chamber of Commerce luncheon.

The event is at the Best Western Lamplighter Inn.

Tickets will not be sold at the door. Contact the chamber, 519-432-7551, for registration. METRO

GoodLife teen program

Get fit for free

GoodLife Fitness is marking the fourth year of its summer teen fitness program.

The program gives youths 12 to 17 years old free access to GoodLife clubs across the country from July 2 to Aug. 31.

The effort is aimed at sparking movement and reducing obesity rates among young people. METRO

Targets at risk: Miller

Little progress in climate change fight: Environment commissioner

Environmental commissioner Gord Miller says Ontario won't be able to meet its targets to cut greenhouse-gas emissions if it keeps relying on natural gas.

He says the government will only achieve 60 per cent of its target for 2020, which was to reduce its emissions from 1990 levels by 150 megatonnes.

Miller says one of the reasons for the shortfall is the increased reliance on natural gas to generate electricity.

He says in his report that could increase emissions by four to 16 megatonnes, depending on factors like the weather. The governing Liberals should use the review of their long-term energy plan to make sure they're keeping targets in mind, the report says.

Miller also says the Grits should be paying more attention to the fight against climate change because there's been little progress this year.

THE CANADIAN PRESS

For more local news visit metronews.ca

Hospital sale

Vets get creative

Military veterans who have taken a shine to the arts will be selling their works from 9 a.m. to 5 p.m. Thursday at St. Joseph's Parkwood Hospital (801 Commissioners Rd. E.).

The artists are members of the hospital's Veterans Arts program.

Profits from the sales go back to the artists. METRO

Please, just do 'something': Nearby McCormick property owners to city

Expressions of interest sought. Area businesses tired of looking at rundown factory, ready for development

MARK SPOWART
london@metronews.ca

Quoted

"We lost so much business when they closed. Workers used to drop their car off, go work their shift, and then come and pick it up after."

Cindy Hartman, of Hartman's Garage, on the former McCormick plant.

The McCormick plant sits at 1156 Dundas St. Once an integral part of the city's landscape, the building has become rundown, sitting vacant since 2007.

MARK SPOWART/FOR METRO

What to do with the former McCormick plant in east London?

It's a question that has been dancing around for a few years, and nearby businesses are ready for some action.

News that the city is accepting expressions of interest from people looking to take over the property is music to their ears. The property, some said, has become nothing more than a hangout for drug users, prostitutes and transients.

"You should have seen it last week — the grass was up to here," said Mike Ward, motioning to his knees.

Ward owns Image Automotive Sales and Leasing across the street from the building. He, like others, isn't too worried about exactly what lands on the property.

More than anything, several people said, they just want action.

Dale McCulloch, of McCulloch's Costume and Party Rentals, another longtime east London business, is among them.

"Anything," he said when asked what he'd like to see happen to the building. "Whether it's a condo or a new business, I would just like to see something happen with it."

Cindy Hartman, at nearby Hartman's Garage, has a not-so-conventional suggestion: Restore the building and shift city offices out of the core.

If that's not in the cards, she'd like to see "something vibrant" spring up, "whether it is apartments or a seniors' residence."

"(East London has) always been the ugly stepsister," Hartman said. "I get that downtown should be something vibrant, but don't forget about the rest of us."

Say yes to her...
Say no to Hunger.
LONDON CARES CURBSIDE FOOD DRIVE
June 7-15
On Your Next Recycling Day...
Place your non-perishable food donation out by your Blue Box on the morning of collection.
Missed your collection day or live in an apt/condo?
No problem! Just drop-off donations at any Tim Hortons or your local grocery store between June 7-15.
London CANADA
Find your collection day at london.ca/londoncares

Ontario. Liberals broke law by deleting gas plant emails: Privacy commissioner

More fuel was given Wednesday to accusations that Ontario's Liberal government intentionally deleted emails to cover up the cost of cancelling two gas plants.

Top Liberal staff in former premier Dalton McGuinty's office broke the law by deleting all emails related to the cancellations, Privacy Commissioner Ann Cavoukian reported after conducting a special investigation into NDP complaints.

"It truly strains credulity to think that absolutely no records ... responsive to the Speaker's ruling were retained," Cavoukian wrote in her special report called "Deleting Accountability: Records Management Practices of Political Staff."

"It is difficult to accept that the routine deletion of emails was not in fact an attempt by staff ... to avoid transparency and accountability."

Cavoukian found that as recently as January staff in the former premier's office approached the secretary of cabinet, Ontario's top civil servant, trying to find out how to permanently delete emails and other electronic documents.

Cavoukian singled out David Livingston, McGuinty's former chief of staff, and Craig MacLennan, the former chief of staff to then Energy Minister Chris Bentley, for violating the Archives and Recordkeeping Act.

Ann Cavoukian
THE CANADIAN PRESS

The Liberals' initial reluctance to release documents on the gas plants in Oakville and Mississauga as requested by an opposition-dominated committee triggered a rare contempt of parliament motion last fall against Bentley, a London West MPP at the time.

The motion ground legislative business to a halt and led to a Speaker's order to release the data.

Opposition parties have long maintained the Liberals deleted the emails to help cover up the cost of cancelling the plants, which has ballooned to $585 million, and said the email accounts were permanently wiped from government databases.

THE CANADIAN PRESS

Your shoes were made for donating. Dirty Sneaker event soliciting old shoes

Have some extra sneakers kicking around?

Runners' Choice would be more than happy to take them off your hands (or feet).

The London running store (207 Dundas St.) is collecting used shoes for its annual Dirty Sneaker event. This year's goal is 700 pairs of shoes and all types will be accepted, including kids' sizes, through the end of June.

Items collected will be donated to the Men's Mission, Street Connection and Rotholme Women's and Family Shelter and other charities.

The event has helped hundreds of people in the past 18 years. More than 400 pairs of shoes were donated last year alone.

METRO

To get involved

- Charities interested in getting some of the shoes donated to Dirty Sneakers can call 519-672-5928.

Visit us online

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Merger brings second largest credit union in Ontario

United Communities Credit Union CEO, Jim Lynn, left, "seals the deal" with Libro Financial Group CEO, Steve Bolton, on Wednesday as the credit unions announce a merger. The merger, expected to be completed by Dec. 31, is subject to regulator and shareholder approval. The new institution, valued at $3 billion, will be based in London, making the Forest City home to the second largest credit union in Ontario. All United and Libro employees will keep their jobs under the deal, bringing the combined workforce to 556 people, with 344 working from London. United Communities is based in Essex.

MARK SPOWART/FOR METRO

Number of teaching students cut in half

Liberals. Wynne keeps McGuinty's promise, cuts admissions; program doubles to 2 years

Quoted

"What we're doing is we're modernizing the program." Ontario Education Minister Liz Sandals

Ontario's governing Liberals are fulfilling a pre-election promise to slash the number of admissions at teachers' colleges in half to curb the oversupply of new instructors.

They're also planning to double the length of time it takes teachers to get a degree from one year to two years starting in 2015.

Former premier Dalton McGuinty made the promise just before the 2011 election campaign. He pledged there would be no new spaces in teacher education programs.

It appeared that Premier Kathleen Wynne was taking it a step further by cutting spaces, but the Liberals say it's the same thing McGuinty promised to do.

Education Minister Liz Sandals says there are about 9,000 admissions right now, which will be reduced to 4,500 each year after 2015.

Minimum time for classroom placements will rise to 80 days from 40 days, she said.

"That's because teaching has gotten way more complicated than it used to be," Sandals said. "And there's a lot more things teachers need to know about."

They'll also make changes to the teachers' curriculum to address diverse student needs and provide expertise in working with students who have mental health and addiction issues, she said.

THE CANADIAN PRESS

An endangered spotted Turtle.
CONTRIBUTED

It's turtle season in London

Look out London: Turtles are on the move, albeit slow and steady.

The Upper Thames River Conservation Authority is sending out the warning as turtle nesting season crawls to a start.

With the season comes an influx of turtles moving into prime spots for human interaction — along roads, in yards and along driveways.

Officials at UTRCA are asking people to watch for turtles making their way across streets and, if possible, to hop out of the car and lend a helping hand.

Turtles found nesting in residential neighbourhoods should be left alone. Eggs take 50 to 90 days to hatch and some species will stay in their nests until next spring.

Helping a few little guys survive can go a long way to combating their decline, officials say.

Seven of Ontario's eight turtle species are listed as at risk and the most common, the Midland painted, is seeing declines in some areas.

ANGELA MULLINS/METRO

Remembering Amanda

R.I.P Amanda Todd
Suicide does not end the Chances of Life getting Worse. Suicide Removes the Possibility of it Ever getting better.
Rest peacefully
beautiful
My name is Amanda Todd

AMANDA TODD, THE B.C. TEEN WHO COMMITTED SUICIDE LAST YEAR AFTER BEING BULLIED, HAS BEEN COMMEMORATED ON FACEBOOK. THESE ARE SOME IMAGES POSTED ON R.I.P. PAGES CREATED IN HER NAME.

A NEW WAY TO #GRIEVE

Mourning deceased loved ones on social media is common, but commemorative pages can cause additional anxiety for some

RITA POLIAKOV/METRO

On May 12, Alexandra Christopoulos wished her friend Patrick a happy birthday on Facebook.

He'll never read the post.

Patrick Douglas Mott, who would have been 31 this year, died on New Year's Eve in 2009. Soon after, Mott's father started an RIP Facebook group in his son's honour, a group with more than 200 members and hundreds of posts.

This, for many, is the new way to grieve. And some are abusing it.

While grieving through social media can be cathartic, it can also rob mourners of their privacy. For Christopoulos, Mott's online memorial helped in the healing process.

"I think initially, grief, it's so overwhelming and shocking and you almost feel numb," said Christopoulos, adding that she turned to social media when she felt alone.

"I'll think of him randomly. I'll go online to that page and realize someone else has already been there. They're thinking of him too," she said.

Experiences vary. Amanda Todd, the B.C. teen who committed suicide last year after being relentlessly bullied, has been commemorated on Facebook and Twitter. Her RIP pages have hundreds of thousands of likes, but have also become a forum for more bullying.

Some commenters wrote that the 15-year-old deserved her fate. A topless photo of Todd, the very one that contributed to her agony, was even posted to a memorial page.

According to Pam Fitzgerald, director of the Canadian Centre for Bereavement Education and Grief Counselling in Toronto, social media can be a free-for-all.

"With a sudden, unexpected death, people aren't always sensitive with their judgment and criticism or inaccurate information," she said. "Anything on the Internet affects the grieving process. Gossip usually always hurts."

RIP Facebook groups and Twitter hashtags pose another problem: What if the family of the deceased doesn't want an online memorial?

Vicky White, a 17-year-old from Toronto, started a memorial Facebook page after her classmate died in a car crash earlier this year. "It was a place for everyone to gather to share their memories," she said. "I love connections. It really doesn't matter … whether it's a total stranger or family member. I believe everyone should be able to mourn."

But then the deceased teen's family spoke up.

"There are a lot of complications. I like to put myself out there, but the thing is, (his) family wanted privacy. They want time to heal," White said, explaining that while the page is still up, she's no longer using her friend's name when talking to the media.

Even with its pitfalls, mourning through social media has its place in the grieving process. According to Fitzgerald, it can be a useful tool when coupled with professional help or a strong support system.

"I think it can be both positive and negative. Funeral homes now have a page where people can write messages to the family. That's positive."

Online etiquette

For those wishing to pay their respects using social media, here are some guidelines:

- Always post accurate information to avoid causing unwarranted anxiety to those trying to heal.
- Never post criticisms of the deceased.
- Don't offer advice, only condolences and support.
- Respect the privacy of those who are mourning.
- Going out and having face-to-face interactions are also important parts of the grieving process.

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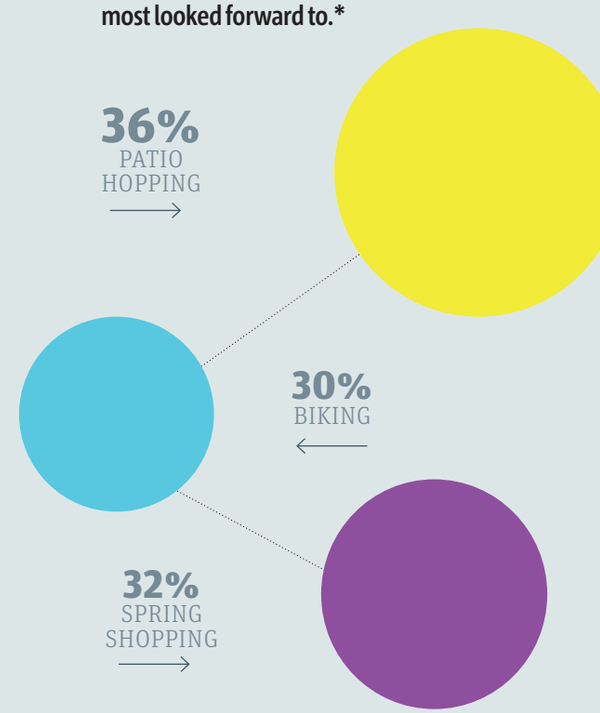
Metropolitan Panel

Lunch meeting...on the patio!

We asked our Metropolitan Panel what spring activity they most looked forward to.*



Share your opinion. Join our Metropolitan Panel at www.metropolitan.ca

*Selections were not exclusive of each other and included other activities.

Public outcry. Israeli judge resigns after comment about girls enjoying rape

A Tel Aviv District Court judge has resigned following a public furor over comments he made in court that some girls "enjoy being raped."

Nissim Yeshaya was presiding over a hearing on the rape of a 13-year-old Israeli girl by four Palestinian youths when he made the comment. He apologized and said the remark was taken out of context.

Prime Minister Benjamin Netanyahu was among officials who harshly criticized the judge. He also withdrew his support for Yeshaya's appointment as head of his Likud Party's internal court. Several lawmakers called for the judge's immediate dismissal. THE ASSOCIATED PRESS

Stepping down

Israel's justice minister said Wednesday Yeshaya expressed his desire to leave his post at a hearing.

Jamaica. 'Unrelenting violence' against kids a chronic problem: UNICEF

The United Nations' child welfare agency said Wednesday that it is deeply concerned about what it describes as "unrelenting violence" against youngsters in Jamaica, including the recent beheading of a 4-year-old girl.

Robert Fuderich, UNICEF's representative in Jamaica, said a recent spate of grisly crimes targeting school children has underscored a chronic and disturbing problem in the Caribbean country that has put authorities on alert and parents on edge. THE ASSOCIATED PRESS

Sinister trend

"The killing of several children, in close succession, is a tragic reminder of the violence being meted out to children on a daily basis."

UNICEF representative Robert Fuderich

Tainted beef. Indecisive report on nation's juiciest recall leaves bad taste

Nearly a year after tainted Alberta beef sickened 18 people, briefly blocked exports to the U.S. and cast doubts on the safety of Canada's food supply, no one can say for sure what led to the largest meat recall in Canadian history.

It could have been a horde of germs from a contaminated animal passing through a super shredder, a new report suggests. Or an improperly decontaminated carcass. Or simply a case of too much bacteria for the plant to handle.

One thing is for certain: Neither staff nor federal inspectors at the XL Foods plant in Brooks, Alta., were taking food safety seriously enough last September to prevent the crisis from happening, a three-member review panel has concluded.

"We found a relaxed attitude towards applying mandatory procedures — clearly outlined in some documents, less so in others," says the report. THE CANADIAN PRESS

Femen activists expelled

Tunisian feminist activist Amina Sboui, hidden by a veil, is escorted by police officers as she leaves the courthouse in Kairouan, Tunisia, Wednesday. Sboui, a Tunisian member of radical Ukrainian feminist group Femen, scandalized the country by posting topless photos of herself protesting for women's rights in March. Three members of the group were expelled from Tunisia on suspicion they were planning a topless protest in front of the court where their colleague was being tried for another incident, the Interior Ministry said Wednesday. THE ASSOCIATED PRESS

Victims pulled from rubble after building collapse

Philadelphia. Demolition gone wrong buries adjacent thrift store in debris

Firefighters carry a survivor from the rubble of a four-storey building that collapsed in downtown Philadelphia Wednesday. MICHAEL BRYANT/PHILADELPHIA INQUIRER/THE ASSOCIATED PRESS

A building that was being torn down collapsed with a thunderous boom Wednesday in Philadelphia, raining bricks on a neighbouring thrift store and injuring at least 13 people in an accident that witnesses said was bound to happen.

Rescuers pulled a woman trapped amid the rubble of a Salvation Army thrift store after they heard her voice, city Fire Commissioner Lloyd Ayers said, and the search for survivors continued hours after the 10:45 a.m. collapse.

"We do not know how many people were actually in the thrift store this morning when the wall collapsed on the building," Mayor Michael Nutter said late Wednesday afternoon. "So the search and rescue will continue ... until we literally get to the basement and have uncovered everything we can possibly uncover."

Survivors were taken to hospitals with minor injuries, Ayers said, adding that a 14th person was found in the rubble. He declined to comment on the person's condition.

There was no confirmation of any fatalities at press time.

The collapse involved an empty building that once housed a first-floor sandwich shop and apartments above. The thrift shop was on one side. The other side was an adult bookstore and theatre that had been taken down within the last few months.

Several witnesses said they had been casting a wary eye on the demolition site and questioned how the workers were tackling the job. That raised questions about how closely the highly visible spot on Market Street — one of Philadelphia's signature boulevards — was being monitored. THE ASSOCIATED PRESS

Vancouver

Nanny claims she was forced to work 16-hour days

A Filipina nanny's voice tensed up with emotion as she described the day she called police after one of her employers pushed her and doused her with a jug of water in Vancouver.

Leticia Sarmiento, who is testifying at a human trafficking trial, said Wednesday that the physical altercation in June 2010 involved Oi Ling Nicole Huen.

Sarmiento said she called police and finally escaped from the home where she had been working as a live-in nanny since 2008.

Huen and Franco Yiu Kwan Orr are facing charges after allegations that they forced Sarmiento into domestic servitude. THE CANADIAN PRESS

Thousands evacuated

Floods charge through Germany, Czech Republic

Desperate families were plucked from rooftops by helicopters, cars were swept away by raging torrents and levees failed without warning Wednesday as central Europe staggered under an inland ocean of flooding.

Tens of thousands of people had to be evacuated in Germany and the Czech Republic and chemical plants along the mighty Danube and Elbe rivers were hastily shut down. City officials, federal troops and emergency workers across a vast region either raced to prepare or struggled to cope as flood crests roared downstream.

More than 19,000 were evacuated in the Czech Republic. THE ASSOCIATED PRESS

Blow to rebel forces

Hezbollah helps Syrian troops seize border town

Syrian troops and their Lebanese Hezbollah allies captured a strategic border town Wednesday after a gruelling three-week battle, dealing a severe blow to rebels and opening the door for President Bashar Assad's regime to seize back the country's central heartland.

The regime triumph in Qusair, which Assad's forces had bombarded for months without success, demonstrates the potentially game-changing role of Hezbollah in Syria's civil war. The gain could also embolden Assad to push for all-out military victory rather than participate in peace talks being promoted by the U.S. and Russia. THE ASSOCIATED PRESS

Tories don't get it: Biz group

Tariff changes. Head of association says changes are bad for business and consumers

The head of the Canadian Association of Importers and Exporters has launched a blistering attack on the Conservative government for what she's calling its "quest for cash" that is hurting business and will cost consumers.

Joy Nott, the president of I.E. Canada, is wading into an ongoing dispute between a coalition of television importers and the Canadian Border Service Agency over what critics are calling the Harper government's "iPod tax."

TV importers have evidence the government has given them bad advice on tariff exemptions that Ottawa intended to later claw back, including tariffs on TVs, computer speakers and MP3 players, such as iPods.

But Nott says the problem runs deeper, and that major changes announced in Finance Minister Jim Flaherty's March budget will have a ripple effect on Canada's import-export community — and consumers.

THE CANADIAN PRESS

Times are a-changin'

A spokesman for the finance minister said changes were "long overdue" because the system punishes Canadian companies by giving "special breaks" to emerging powers like Brazil, China, South Korea, and India based on decades-old program.

Monkey see, monkey shoot

They're askew and out of focus, but a set of photos taken by a talented chimpanzee named Mikki sold at auction Wednesday for 50,000 pounds ($76,680). The blurry images of Moscow's Red Square were snapped up by a Russian buyer during a sale of Russian photography at Sotheby's in London. Mikki was trained to take photos in the 1990s by Russian conceptual artists as part of a project to challenge concepts of artistic value. THE ASSOCIATED PRESS

Housing market

Boost in permits throws analysts

Canada's housing market continues to confound in its resilience in the face of forces that point to a correction from sky-high levels. StatsCan reported that building permits jumped 10.5 per cent in April — 21 per cent on the residential side — a shock to economists that had expected an overall three per cent decline.

THE CANADIAN PRESS

Market Minute

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96.66¢ (-0.01¢)

TSX
12,443.65 (-150.32)

OIL
$93.74 US (+ 43¢)

GOLD
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ASS IF YOU NEED TO SPOIL IT...

HE SAYS

John Mazerolle
metronews.ca

If you spoil TV shows or movies on Facebook and Twitter you are (SPOILER ALERT) a giant ass.

As anyone with social media likely knows, whether you wanted to or not, something big happened this weekend on the TV show Game of Thrones — something that led to an outpouring of emotional responses usually reserved for terrorism and/or Justin Bieber.

I watched it the very second I could, even though that meant spending $25 for a cab ride to get to a night shift on time. Why? Because I knew that even with the scant number of people I haven't blocked in my Facebook feed (12 as of press time), there would be some goofus or other who would need to make a joke about whatever they saw, everybody else's enjoyment be damned.

And I was right. Some men have no honour.

I'm perfectly OK with people saying, "OMG!" or "WTF!" or any other bit of Internet alphabet soup, but after that let it end. A boss of mine had the episode ruined by her dentist, for goodness' sake.

Saying specifically what happens during a show in a tweet or status update is wrong, full stop. I have an Old Testament view of this. It's wrong. There is no grey.

At worst, it shows you lack empathy and don't care if you're ruining it for other people. At best, it makes you that guy who says, "Ooooh, this part coming up is FUNNY. Watch it. Watch it!"

If that's the best you can hope for, it's time to re-evaluate your life.

Some people argue that if you don't want to be spoiled you shouldn't use Facebook and Twitter, but that's ridiculous. That's how people talk to each other. That's our email and calendar. It's a big room we all talk in, and giving stuff away in one sentence is like walking up to someone the day after Empire Strikes Back and saying, Homer Simpson-like, "I can't believe he's Luke's father!"

If you were talking to somebody in person, you'd ask if they saw it first. If you want to talk about it online, provide a link to your longer, spoilery thoughts.

I also don't buy the statute of limitations that says after a while spoiling is OK. I'm sour that by the time I got to Psycho and Citizen Kane I knew the twists, and I've stayed away from The Sopranos and Lost because I know how they end. (SPOILER: In the last episode of Lost, it's revealed the show sucks.)

It's been said that it's your responsibility not to be spoiled. Nonsense. That's as stupid as the argument that a hockey player who gets his head smashed into the boards shouldn't have had his backed turn in the first place, or that a doored cyclist shouldn't have been driving in heavy traffic anyway.

Remaining spoiler-free is an act of self-restraint in a world of information overload. Every viewer knows that they can know everything that happens before a show even airs by taking their smartphone out of their pocket, yet they choose to remain blissfully unaware.

Ending that for them is like walking up to someone on a diet and shoving cake in their mouth. Whether dinner or entertainment, you shouldn't spoil it.

ZOOM

Eat your art out

Didn't your mother teach you not to play with food?

Food artist Ida Skivenes adds a whole new meaning to 'artistic taste' with her recreations of famous masterpieces. The Oslo-based geographer uses toast as her canvas and adds vegetables, cheeses and fruits to complete her 'paintings.' Her series includes remakes of works by Munch, Van Gogh and Vermeer. **METRO**

IDA SKIVENES/IDAFROSK.COM

Nom nom nom

30

minutes is how long Skivenes takes to complete a culinary recreation. Skivenes' book, Eat Your Art Out: Playful Breakfasts By Idafrosk (her nickname) is due in October.

Q and A

A toast to the edible canvas

IDA SKIVENES
Human geographer and food artist, 29, from Oslo, Norway

How did this nifty culinary project come about?
In June of last year, I joined Instagram to reconnect with my love for photography once more. The food art just happened along the way by way of a happy accident. I had seen some food art online, did my own version and posted it. After that I tried my own ideas and it turned out I had an eye for making art with food.

So you eat your artworks?
Yes, everything is made to be, and is, eaten.

What's the hardest part in remaking famous paintings?
It's recreating the mood and the 'light' in them — and getting all the small details in place.

What do you hope viewers will take away from your work?
I want people to get curious about how art and food are connected. **METRO**

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

So you channel a bit more clumsy Tim Taylor than careful Mike Holmes on the DIY front — no big deal. Learning to do things yourself, from homemade pies to home pages, has never been easier. Avoid looking like a fool (or paying for help), and learn to cook, build, create, and fix pretty much anything with DIY sites.

ISTOCK

VideoJug.com
"Get good at life." Their tagline says it all. Professionally made vids teach you how to cook, clean, play cricket and even kiss (with choice of passionate, creative or first kiss).

Howcast.com
Though learning to swim online might not be the best way to go, Howcast at least gives you the option. It can also teach you to 'deal with summer traffic,' if that's more your bag.

Wonderhowto.com
From Minecraft to makeup, Wonder How To has videos, info graphics and forums to help you master useful and completely useless skills — this one truly is "wonderland for your inner nerd."

Twitter

@metropicks asked: Atari games rumoured to be buried in a grave in New Mexico will be dug up by a team of Canadians. What game do you want brought back?

@rmmtenterprises: pacman

@msjenn28: frogger.Loved that game. Use to play it at the lake on rainy days only as we always went outside when it was nice

Follow @metropicks and take part in our daily poll.

Comments

RE: Rise Of The Promposal: High School Proms Just Ain't What They Used To Be, published June 4

And you thought teen pregnancy was bad. Now they just get married way too soon for no real reason. Why is youth wasted on the young?
terry mckinney posted to metronews.ca

We just attended our daughter's and I would have to say it is only as good as what you put into it, it's a shame people do not try harder as it is one day you should remember.
Justme posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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Get ready for a fun ride

Annual Bicycle Festival. Show to feature two-wheeled goodies like bike buttons and stamps

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Cyclists give their bikes a tune up at the East Village Art Collective. The collective hosts an annual bike workshop along with a bicycle film festival and art show. COURTESY MELISSA PARROTT

A breeze ruffles your hair as you speed down the road. The sunlight rests lightly on your skin, and the ambient noise of nature surrounds you. Maybe you catch a glimpse of a yellow finch or some purple flowers by the side of the road.

All of that can come from indulging in one simple pleasure — riding your bike.

"One of my favourite places to be is on my bike riding it. It gives me a sense of freedom," says Melissa Parrott, organizer of the bicycle film festival and art show at East Village Arts Collective.

"It's one of the best ways to get around the city, and it's great exercise and eco-friendly too."

The event takes place on Thursday and is part of Thames Region Ecological Association's 23rd Annual Bicycle Festival, which runs through June 16 with workshops, lectures and group bike rides.

The art show features bike-inspired paintings, collages, drawings, photographs, jewelry, bicycle buttons and stamps.

Parrott created her art with actual bike parts.

"I used bike parts as stencils. I took bike rims and sprockets and held them over canvass and spray painted on top with pink, green and chrome gold," she said.

Parrott also helped shoot one of the festival's short films called Kain's Woods, which features mountain biker Mark Drewe as he takes on a complicated London trail.

Drewe shot most of the film with a GoPro mounted to his chest.

"It's one of my favourite trails to ride of all the places I've been to, even Florida and Colorado," says Drewe, who's been riding the trail for eight years. "It's so close to home, and it's so good.

"It's a pretty advanced trail. It has a lot of roots and some jumps. There's a narrow bit where you are riding on the edge of a steep fall and then a bit where you have to ride across a fallen log passing over a creek."

Biking in the city is different, he says, because you have to be aware of cars.

"Even though there are more bike lanes, and it's getting better, I really am not comfortable riding on the road," says Drewe. "All it takes is one driver not paying attention. Getting hit by a car is worse than falling on any other trail."

The bicycle festival brings safety and a love of biking to the forefront.

"This festival is saying, 'There is a community of people that do and enjoy this,'" he said. "It's great to see because you know you're not alone. And cyclists are really friendly people."

The film screening takes place at 8 p.m. at the East Village Arts Collective (757 Dundas St.). Art will be on display through Sunday.

Around town

- **Get artsy.** The Visual Fringe art opening showcasing 26 visual artists takes place from 7 to 9 p.m. Thursday at The Arts Project (203 Dundas St.).
- **Tunes.** Lock & Key wsg. The Stormalongs and Cayleah play at the Black Shire Pub (511 Talbot St.) on Friday. Doors open at 9 p.m. Tickets are $5.

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Global's comeback kids to take centre stage

Winter and fall line ups. Michael J. Fox, James Spader, Blair Underwood and Sean Hayes make exciting small screen returns

Queen Latifah will host The Queen Latifah Show. THE CANADIAN PRESS

Global is touting big comebacks in its fall and winter lineup, as stars Michael J. Fox, James Spader, Blair Underwood and Sean Hayes return to the small screen with new ventures.

Shaw Media — which runs Global as well as a raft of specialty channels including History, Showcase and Slice — is announcing 11 new dramas and seven new comedies for its main network.

They include Hayes' single dad sitcom Sean Saves the World, Spader's FBI thriller The Blacklist, Underwood's cop show reboot Ironside and the family comedy The Michael J. Fox Show, said to be inspired by the Back to the Future star's personal life.

"Michael J. Fox for us was just a huge, huge, huge win," Shaw Media's content boss Barbara Williams said at a news conference Wednesday that outlined its biggest new properties. "This takes him right back to his comedic roots."

Other new fall dramas include the sci-fi adventure Almost Human, about a cop teamed up with a synthetic android in the year 2048; the sultry Dracula, starring Jonathan Rhys Meyers in the title role; and the fantasy thriller Sleepy Hollow, a modern-day retelling of the classic tale of Ichabod Crane and the Headless Horseman. Other fresh fall sitcoms include the Will Arnett project The Millers, Tony Shalhoub and Jerry O'Connell's dating comedy We Are Men and the culture clash comedy Welcome to the Family.

And mid-season will feature the highly anticipated return of Kiefer Sutherland as super spy Jack Bauer in 24: Live Another Day. "Jack is back," declared Williams, adding that this edition of 24 will be a shorter run with just 12 episodes. "It's really exciting."

Other mid-season highlights include the Chicago Fire spin-off Chicago PD, "Crossbones, starring John Malkovich as the legendary pirate Blackbeard; Rake, featuring Greg Kinnear as a criminal defence lawyer; and the Canadian medical drama Remedy.

New mid-season comedies include About a Boy, starring Minnie Driver as a single mom raising her 11-year-old son, and the homegrown sitcom Working the Engels, about a "ne'er-do-well family" forced to take over their father's legal business. On the daytime side, music and movie star Queen Latifah joins the roster with her new talk show The Queen Latifah Show, featuring musical performances and celebrity guests. But it won't just be about famous people, the rapper-turned-business woman said, noting she was eager to find remarkable unknowns who have made a big difference in their communities.

"It's not just the A-list celebrity," she said. "For me, the dream guest is the everyday people who are amazing."

Williams touted big names helming new projects on Shaw's specialty channels as well, including Alan Thicke in the Slice reality show In the Thicke of It. The winter series will centre on the former Growing Pains star, his wife and three children.

Rebecca Romijn stars in the Showcase police drama King & Maxwell, Julia Ormond toplines Lifetime's fall series Witches of East End and Rob Lowe plays President John F. Kennedy in National Geographic Channel's fall two-hour docu-drama Killing Kennedy.

Returning Slice series include Big Brother Canada, Mob Wives, and Real Housewives of New Jersey, Beverly Hills, Atlanta, New York and Miami. But the Real Housewives of Vancouver will not be back while Shaw reconsiders cast and possibly location, said Williams.

Over on Food Network Canada, Top Chef Canada will return for more culinary competition, while Chopped Canada debuts in winter 2014 with host Dean McDermott. Also new is Cutthroat Kitchen, Guy & Rachael's Kids Cook-Off and Trisha's Southern Kitchen, featuring music superstar and cookbook author Trisha Yearwood. THE CANADIAN PRESS

And there's more

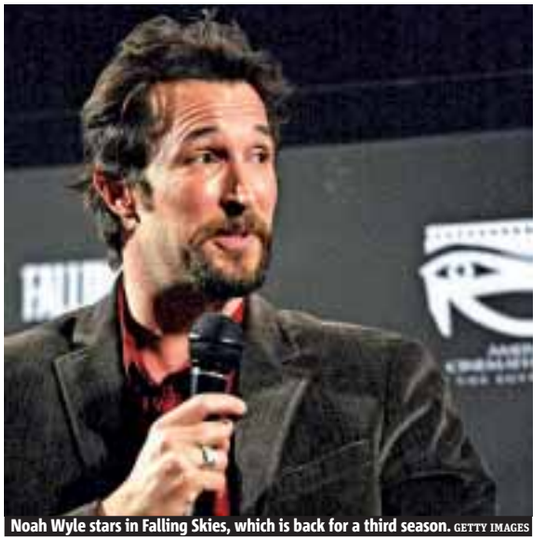
Other new specialty series include the following:

- **Showcase's sci-fi series Helix**
- **Lifetime and History's simulcast of Bonnie & Clyde**
- **History's Martian War, which re-imagines the First World War as an alien invasion**
- **Returning Global series include Bones, Chicago Fire, Elementary, Family Guy, Glee, Hawaii Five-0, NCIS, NCIS:LA, The Simpsons, Survivor, The Good Wife, Parenthood, Bob's Burgers and American Dad.**

Chicken Little was right, the sky really is falling

Interview. Noah Wyle, star of Falling Skies, talks about what it's like working on a chaotic set where they're often caught running from aliens and changing scripts

NED EHRBAR
Metro World News



Noah Wyle stars in Falling Skies, which is back for a third season. GETTY IMAGES

With the third season of Falling Skies kicking off this week, star Noah Wyle — who plays Tom Mason — is remarkably candid about the hit sci-fi series' strengths and weaknesses.

"I don't think there's anybody involved with this show that's more objective about it than I am, that is willing to point out its faults as well as its assets more than me," the former E.R. star tells Metro.

He also says he's learned a lot of lessons about parenting during an alien invasion that can be applied surprisingly well to raising kids today.

After three seasons, do you think Falling Skies has found its footing?

This is a weird show in that I still don't feel like we've reached our full potential because every year we do something that kind of hobbles us, that's a self-inflicted wound. And yet they turn out pretty well as a result. I'd be really curious to see what we'd be able to accomplish if we didn't stand in our own way so much.

How do you mean?

Everything from scheduling to how much time we get scripts beforehand to casting. Maybe I'm spoiled because by the time E.R. was off the air it was such a well-oiled machine that it just ran so smoothly. But for example, last season, season two, they wrote this wonderful role for a guest star, for a woman who was a pilot. You could've cast anyone from Kathy Bates to Alfre Woodard — and we went after both of them to do it — but it took a long time to pull the trigger on making those offers. The breakdowns didn't go out until a week or 10 days before the episode started shooting, so you have one shot, basically, and if they say no then you're scrambling. And if you scramble too much, then you're going to run into a Visa issue bringing in an American actor to Canada. And as a result, you cast locally and a part that could've been really great, you end up whittling down to very little on the show, which is an unfortunate side effect. I don't know how we get around this, how we could do this better next time, but it's unfortunate that it happened this way.

Your character's had three sons throughout all of Falling Skies, and now there's a new addition. What have you learned about parenting during an alien apocalypse?

There's always a threat. We could all be attacked at any moment. Their own longing to be autonomous and independent is going to foster this real push-pull ambivalence about how to parent them. In the beginning it was all about giving his youngest son some semblance of a childhood in the context of this horrible situation. And then at the end of the second season and the beginning of the third, his new philosophy is that the kindest, most responsible parenting philosophy he can espouse is to arm his kids and train his kids and hope that they can defend themselves, and then maybe their kids will have the childhood that they were robbed of — that he's doing them a disservice by trying to shield them from any of these horrible realities.

One final question

That's an interesting parallel to the backlash that's been going on to over-protective parenting.

- **Quote.** "The everybody gets an A thing? As a parent of two kids, I walk that line. In a lot of ways the filters that protected kids from the more mature aspects of our society are no longer there. You can turn on a TV just about any hour of the day and see just about anything under the sun. You can download anything from iTunes, you can see everything from graphic violence to sex in a video game, and so it's tough to be a parent these days and to try to allow access to all these different things at age-appropriate levels — especially when you're competing against other parents that don't think the same way you do. You're up against, 'Well, Bobby gets to watch it' and 'Cindy gets to see it.' So on a relative scale, I can appreciate what Tom's dilemma is, about wanting to allow kids to be kids for as long as they possibly can because that time is getting shorter and shorter," Noah Wyle said of the backlash.

Amanda Bynes ALL IMAGES GETTY

Playboy offer seems to be a tempting Tweet for Bynes

The repercussions of Amanda Bynes' erratic behaviour aren't all bad, apparently, as the troubled former child star has been invited by Playboy Radio to co-host its afternoon show for a day. The folks behind the offer were smart enough to reach out to Bynes via her preferred communication medium, Twitter, and she's apparently open to the idea, as she re-tweeted their offer.

Jennifer Love Hewitt

Love Hewitt loved up, engaged AND pregnant

Jennifer Love Hewitt and her Client List co-star Brian Hallisay are getting married — and expecting a baby. "This is a wonderful time and we are looking forward to starting our family," the couple says in a statement. There's no word yet on a wedding date or a due date. Hewitt first met Hallisay while making the NBC series Love Bites, but they did not start dating until last year. Hallisay proposed last month while they were vacationing in Europe.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Paris Jackson hospitalized after possible suicide attempt

THE WORD
Dorothy Robinson
scene@metronews.ca

Being 15 is hard. Being 15 when you don't have a father, your mother was pretty much bought solely for her uterus, your family legacy is complicated (to say the least) and you are extremely wealthy must be almost unbearable. So I feel for Paris Jackson, I really do. The 15-year-old daughter of Michael Jackson was hospitalized early Wednesday morning in what is being described as a "possible suicide attempt." Reports flew around the Internet yesterday that the attempt was either carried through via drug overdoes or cuts to her wrist after being removed via stretcher from her Calabasas, Calif., family house she shares with her legal co-guardian Katherine Jackson. TMZ.com reports that the teen was upset about not being able to go to a June 6 Marilyn Manson concert. Sadly, her Twitter page has been filled with depressive tweets as of late. The most recent one is: "yesterday, all my troubles seemed so far away now it looks as though they're here to stay."

Will Smith and Jada Pinkett Smith

Jada says she'd never abandon hubby Will once the kids are alright

While she and husband Will Smith have battled their share of breakup rumours in the past year, Jada Pinkett Smith is standing by her man. "What is the one thing that Will could do to make me not love him? That would make me abandon him? I can't think of one, I'm sorry," she tells Redbook magazine. "Except if he did something bad to the kids — now we've got a problem."

Twitter

@Rihanna
Got the keys to #CoCoChanels apartment!!! Yesterday=Most Legendary day in Paris!!!!

@TheRealRosanne
today was my third earthquake in a month-

@pattonoswalt
As the Ambien drapes its sleep-shawl over my eyelids, it whispers, "Stay on Twitter. Let the world know my garbled wisdom."

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A product junkie gossips

Beauty. Tika Sumpter has a flawless face and weakness for budget beauty products. We look inside her makeup bag.

ROMINA McGUINNESS
Metro World News

Tika Sumpter currently stars in the upcoming series The Haves and the Have Nots on the Oprah Winfrey Network. MICHELLE BOBB-PARRIS

Cover Girl Queen Collection Natural Hue Bronzer in Ebony Bronze

"I love it because it contours without making your face look contoured. It just gives it extra dimension."

COVERGIRL.COM

Tarte Cosmetics Matte Lip Tint in Exposed

"I'm a no-fuss makeup person and this colour is so easy and wearable. I don't like lip gloss because it comes off easy but this stuff — even if it does come off, you can just throw it back on."

TARTECOSMETICS.COM

Make Up For Ever HD Foundation in Coffee

"It's so light on your skin it barely feels like you have anything on. You just need to make sure you blend it in properly, especially where your face ends and your neck begins."

MAKEUPFOREVER.COM

House of Lashes Au Naturale Hollywood Glam Lashes

"You would think these (are too over the top) but when you put the lashes on, you look insane. They will change your life."

HOUSEOFLASHES.COM

Tika on:

Her beauty takeaways from Gossip Girl and Sparkle

"Gossip Girl was a very clean show. They didn't do heavy makeup. But the movie Sparkle introduced me to '60s makeup, which I'm now obsessed with. If you're going to line my eyes, it now has to be the blackest liner possible."

Her favourite DIY beauty elixirs:

"At night, I take a washrag, add a pump of coconut oil and remove my makeup with hot water. Then I wash my face with the Murad AHA/BHA Exfoliating Cleanser (murad.com) and moisturize with a dab of Keri lotion. I do the same in the morning, minus the oil."

Her go-to complexion fixer:

"I'm pretty religious with my skin care. But sometimes, I come home and I'm like, 'I don't care!' And when I wake up, my pillow is covered in makeup and I can hear my pores screaming. To fix things, I'll apply the Queen Helene Mint Julep Masque (queenhelene.com). It shrinks your pores and dries up pimples."

Trend of the week: Sneakers that pop

The brighter the better. Look at this season's trainers as a sportier replacement to your ballet slipper flats, wearing them with everything from dresses to tailored trousers.

Topshop

neon runners
$70, topshop.com

Zara

multi-coloured trainers
$90, zara.com

Jimmy Choo

glittery sneakers
$465, netaporter.com

Cream-heavy Pasta Primavera slims down for the summer

This recipe serves six. It contains 390 calories and seven grams of fat per serving. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

This is my light version of Pasta Primavera, which is usually made with a heavy cream sauce loaded with calories and fat.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Just before the pasta is cooked, add the broccoli, snow peas, red peppers and green peas to the boiling water, and cook for 2 minutes. Drain and place in serving bowl. Add tomatoes, basil, parsley and cheese.

2. Meanwhile, make the sauce: In nonstick saucepan, melt margarine; add flour and cook for 1 minute, stirring constantly. Slowly add milk, stock, garlic, and salt and pepper; stir constantly until sauce slightly thickens, approximately 4 minutes. Add 1/4 cup grated Parmesan cheese until melted. Remove from heat. Add to pasta, garnish with 1/3 cup grated Parmesan and toss well. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Ingredients

- 12 oz linguine
- 1 1/2 cups chopped broccoli
- 1 1/2 cups chopped snow peas
- 1 cup sliced red peppers
- 1 cup frozen green peas
- 1 2/3 cups chopped tomatoes
- 1/2 cup chopped fresh basil
- 1/4 cup chopped parsley
- 1/3 cup grated Parmesan cheese

Sauce

- 1 tbsp margarine or butter
- 2 tbsp all-purpose flour
- 1 cup 2% milk
- 1 1/4 cups chicken stock
- 1 1/2 tsp crushed garlic
- Salt and pepper
- 1/4 cup Parmesan cheese

For your phone

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

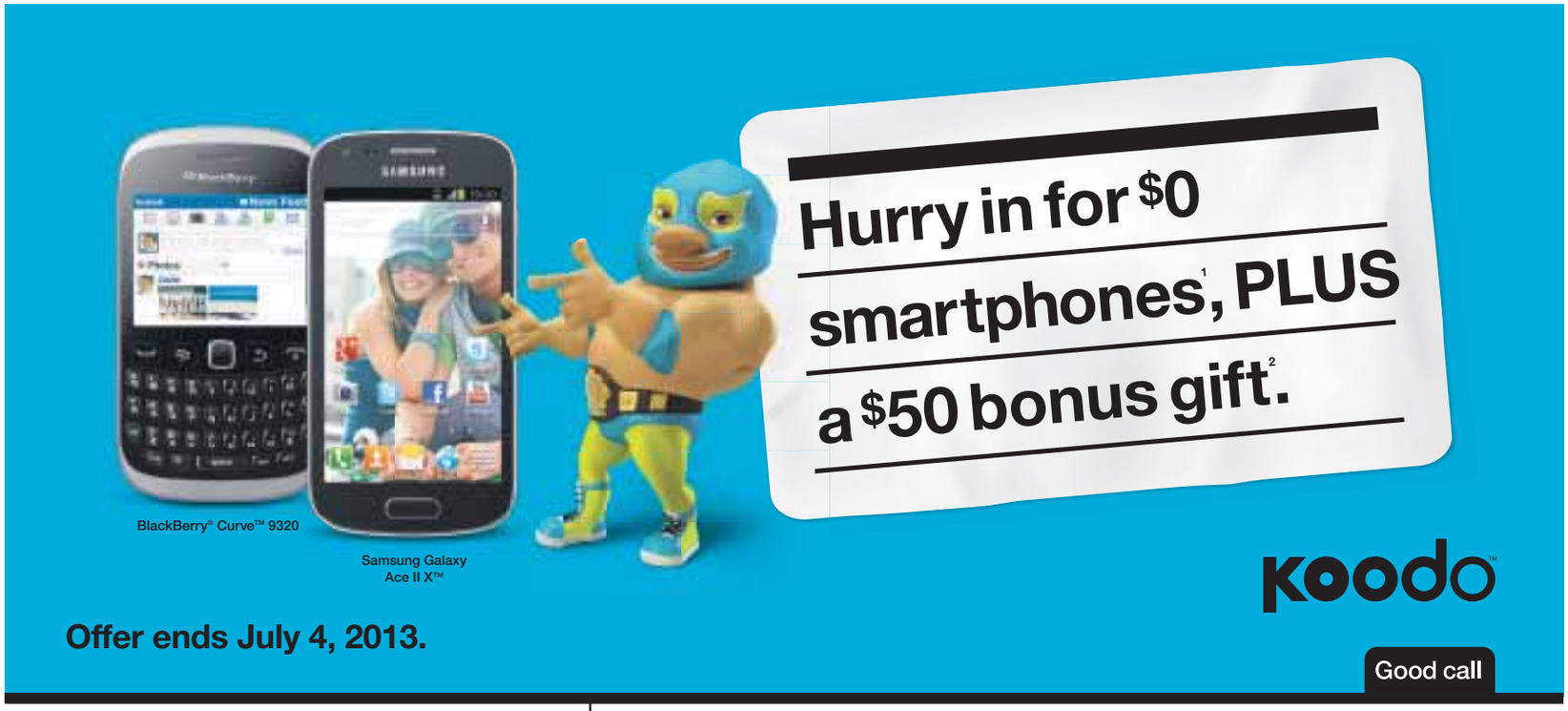
Mind Watering (iPad; $4.99)

With ingredients perfectly laid out, timers at the ready and page-turning voice commands, this very visual step-by-step cookbook of 51 recipes and tricks is deliciously organized.

Metro Exclusive

Cook with Vikram Vij and Metro

Metro and Vikram Vij are teaming up once again to give readers on opportunity to cook along with the renowned chef during a live webstream tonight at 9 ET/6 PT at metronews.ca/vijcooklive. Don't have your ingredients yet? Go to metronews.ca to download a shopping list so you can hit the store on your way home. You can also get a copy of the recipe so you can follow along as Vij cooks live. You will also be able to tweet him at #VijCookLive. METRO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Samsung Galaxy Ace II X™
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koodo
Offer ends July 4, 2013.
Good call

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Cambridge Centre
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Dufferin Mall
Eastgate Square
Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Milton Mall
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
The Promenade
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Decorating trends for the cool kids

In a few weeks school will be ending for many elementary school children. With a week or two lagging before summer camp, it's a great time to get them organizing and sprucing up their bedrooms. Online shopping is easier than ever, so maybe it's time to let the kids be creative and do a little shopping for ways to 'trend-up' their room; of course you will want to keep your credit card number a secret! Here's a few smart decor items to create an on-trend wonderland.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Best drama paint

Want a paint colour that looks as perfect with denim blues as with hot pink? Try Para Paint's honey brulee PF55 for a punch of acidic gold to wake up any space. para.com.

Sleeping in space

When the lights go out you're off to outer space with the photorealism of the Astronaut Duvet Cover Set, $95, Simons.ca.

Dream Beds

Gypsy prints inspire hours of mind-wandering and writing in diaries with the Daydreamer Quilted Collection, $48 to $228, anthropologie.com.

Earth under foot

Play on top of the world with the Trompe L'Oeil Earth Floor Mat, $175 (4x6), urbanoutfitters.com.

Keeping it organized

Keep everything organized with fabric-covered boxes and totes. Geo Storage Boxes, $29 to $39, potterybarnkids.ca.

Removable wall art

Direct traffic in and out of your bedroom with iconic road signs that are peel and stick easy! Road Signs, $35 set of 14 stickers, wallpops.com.

Sit pretty

Create a whimsical wonderland bedroom with a colourful crocheted toadstool. Mushroom Pouf, $168, anthropologie.com.

Sure, there's a school, but where's the Whole Foods?

Scoring The Deal follows Jason Abrams, the Jerry Maguire of real estate, as he helps pro-athletes buy and sell homes worth millions of dollars. Whereas most agents work in a specific area, Jason specializes in any city with a pro stadium, often working on a deadline of only a few days after an athlete is traded.

Crime Doesn't Pay
It is important to check the crime rates (especially the violent crimes) in the areas you are thinking of relocating to. Homes located within areas with high crime rates ALWAYS have the potential to lose value quickly.

Shop until you drop
Check out the proximity to your favourite stores before you move. If you love Whole Foods, best not to move to a city that doesn't have one.

Be there in time
Let's face it, unless you are Scrooge McDuck and swimming in gold coins you will be commuting to work every day. Make sure that you will not be spending hours upon hours driving to and from work.

School is cool
If you have kids, make sure you check out the latest school rankings.

Walk-ability
How walkable is your new city? Studies show that prices appreciate more in walkable cities.

Mile high club
Airports are important if you travel for work or vacation multiple times a year. It's nice to be close, but not too close.

Emergency on aisle 5
Proximity to a hospital is crucial. Let's hope you never need to go, but if you do, you best know how to get there.

We like a southwest feel
Get to know the local home style before you arrive. If you like adobe-style southwest homes, move to Arizona not Ontario.

Opera anyone?
The arts are important — opera, theatre, music — but let's face it, what we really mean here is how far is the closest hockey arena?

Need a ride
Mass transit has come a long way. If you will be using the subway, light rail, street cars, or RT make sure you know where the closest pick up is.

SCORING THE DEAL AIRS WEDNESDAYS AT 10 P.M. ET/PT ON HGTV CANADA

Before you hop on the back of the moving truck, make sure you know where you're going. ISTOCK IMAGES

Summery decor brightens your home any season

The sun-drenched colours and inviting textures of summer provide plenty of decorating ideas. The trick is doing it right: A summer-inspired interior can become a tacky, tropical disaster if it's done with too heavy a hand.

But with a light touch and strategic choices, your home can be brightened all year long by the fleeting beauty of summer.

Above all, "do not be literal with summer," says Los Angeles-based designer Betsy Burnham. Avoid putting up a sign that says, "Gone Fishin'" or displaying a collection of seashells on a table, she says.

Instead, try examining the colours inside a handful of shells, then decorating a room in those shades. Or upholster one piece of furniture in crisp, summery linen, rather than slip-covering an entire room that way.

Designer Joe Lucas of Lucas Studio in West Hollywood, agrees: A life preserver with the words "To the Beach" painted on it may not be something you want to hang up, he says, even if you really live a block from the beach. But a mix of sand-coloured paint and ocean blue fabrics can be a tasteful reminder of summers by the shore.

Here, Burnham, Lucas and decordemon.com founder Brian Patrick Flynn offer tips on successfully using summer as your design inspiration.

Summer relaxation
"Summery interiors are best described as relaxed," Flynn says. "While autumnal and wintry spaces are packed with rich velvets and earthy palettes, summery spaces are super-light, unstructured and pretty darn casual."

Flynn uses deliberate contrast to point up that casual feeling: "I like to juxtapose super-relaxed elements such as slipcovers or bedding made from washed linen with super-tailored elements such as tailored tartan or pinstripe accents. The result is preppy, but still casual."

Summer is distinctive colours
One option is a palette of muted summer colours (sandy beiges, soft driftwood greys, nautical blues), which can be used throughout a room without overpowering it.

Lucas is a fan of very pale grey wall colours that include just a hint of green or blue. They look great alongside natural, pale wood furniture.

Flynn recommends "washed-out blue" wall colours, such as "Krypton" by Sherwin-Williams or "Drenched Rain" by Dunn-Edwards. "Blues with the perfect amount of grey in them tend to be timeless and also work as new neutrals — colours with tons of personality which tend to work well with almost every other hue out there, as opposed to boring beiges and taupes."

These muted blues pair beautifully with white, he says: "The mix of blue and white together is totally timeless, plus it can be mixed up in many different ways to update the look. Almost all colours accent blue and white well."

Summer is painted wood
"People always think that they have to have their wood finished in a stain," Burnham says. "Why not a painted finish? Paint your bookcases white ... It's summery, but livable year-round. Or try painting a floor somewhere in your house, like a guest room floor."

THE ASSOCIATED PRESS

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THINKSTOCK

APARTMENT LIVING IS ECO-FRIENDLY

You can take pride in knowing that apartment living is eco-friendly. Apartment renters use 65 per cent less energy per household than people who live in houses. Renters have shorter commutes, take transit more and walk to their destination more, according to a recent report by the Federation of Rental Housing Providers of Ontario (FRPO) called "Apartment Living is Green."

People who live in apartments:

- Use 40 per cent less water per person
- Produce 60 per cent less waste
- Have 10 km shorter commutes

"The typical apartment is surrounded on either side by another apartment and one above and below. This configuration makes it less expensive to heat and cool, compared to a detached house. Even townhomes and duplexes use less energy than a house," according to the report.

Not only do apartment residents generate less waste, but collecting the garbage from apartment buildings requires less trucks because hundreds are at one stop as opposed to driving to hundreds of houses spread over a wider region. This cuts down on traffic congestion and lowers gas emissions.

Only 50 per cent of apartment renters drive to work as opposed to 74 per cent of homeowners.

New apartment buildings feature recycling "carousels" that allow residents to the chute according to what material is being discarded. Glass, cans, paper and other recyclables all fall into different bins at the base. Older buildings now designate different days for recycling and regular garbage, more and more community garden plots are popping up in apartment buildings that have the space. Some apartments are experimenting with outdoor composters to divert even more from landfill.

Apartment renters have considerably lower carbon footprints and a higher quality of life, according to FRPO's report. Because they walk to work, and they live closer to their place of business, renters spend less time commuting and have more time for leisure. Renters also add to their leisure time by choosing a lifestyle that does not include shovelling snow, raking leaves, cleaning eaves or any other house maintenance. It's all done for you.

Your environmental conscious can be clear if you're renting. You are much Greener than those who live in a home.

Article courtesy Sheryl Erenberg. Erenberg is president of Sheryl Erenberg and Associates. Her marketing consulting firm specializes in marketing communities. Visit sherylerenberg.com.

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NHL

Keith suspended for Game 4 in L.A. after high stick

If the Chicago Blackhawks are going to end the Los Angeles Kings' perfect post-season on home ice in Game 4 of the Western Conference final, they'll have to do it without their top defenceman.

Duncan Keith will sit out Thursday under a one-game suspension for high-sticking Los Angeles' Jeff Carter. Keith hit Carter with a one-handed blow in the second period of the Kings' 3-1 victory in Game 3, opening a 20-stitch gash on the star forward's face and cracking three of his teeth.

THE CANADIAN PRESS

Drug testing

No stalling for Vonn on red carpet

Talk about your random testing.

Lindsey Vonn took an unexpected detour during her evening at an awards show — off the red carpet and into the women's bathroom for drug testing.

Lindsey Vonn
GETTY IMAGES

The star skier was at the Council of Fashion Designers of America awards in Manhattan on Monday night when testers from the U.S. Anti-Doping Agency escorted her to the restroom to collect a urine sample. The sample was sent to a lab and results weren't immediately available.

THE ASSOCIATED PRESS

Jays starter R.A. Dickey cracks a double on Wednesday to cash in Toronto's first run in San Francisco. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

A most interesting interleague outcome

MLB. Jays starter Dickey drives in winning run with double, pitches 8-plus innings of two-hit ball in San Francisco

On Wednesday

Blue Jays	Giants
4	0

With his knuckleball dancing, R.A. Dickey once again looked like the Cy Young Award winner the Toronto Blue Jays acquired in the off-season.

Dickey allowed two hits in 8 1/3 innings and sparked a four-run fifth with an RBI double, leading Toronto to a 4-0 victory over the San Francisco Giants on Wednesday.

"He was just about perfect today," Blue Jays manager John Gibbons said. "He had it all going on. He was in the strike zone. Everything was really dancing today.... That's him at his best right there."

Mark DeRosa added a two-run single and Adam Lind had three hits for his eighth multi-hit performance in the past 12 games, helping the Blue Jays earn a split of the two-game series.

Barry Zito (4-4) was done in by the one big inning in his first loss at home since last August.

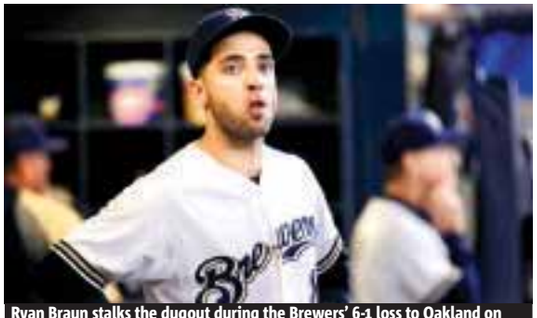
Dickey (5-7) bounced back from a pair of starts in which he allowed six runs each to Baltimore and Atlanta and the back and neck problems that contributed to his slow start in Toronto seem to be in the past.

He was able to change speeds with his knuckler and throw it for strikes all game.

"I was changing speeds a lot today, which was good," Dickey said. "I was able to throw a 63, 64 miles per hour one for a strike and I was able to throw a 79 miles per hour one for a strike. As I've gotten healthier, I felt like I've been able to have the latitude to be able to do that. Before it was just trying to muster everything I could to survive an outing."

THE ASSOCIATED PRESS

MLB just cracking surface of PED probe



Ryan Braun stalks the dugout during the Brewers' 6-1 loss to Oakland on Wednesday in Milwaukee. MORRY GASH/THE ASSOCIATED PRESS

One by one, for three weeks already, players accompanied by their lawyers have been summoned to interviews as part of baseball's latest investigation into performance-enhancing drugs — and the process is a long way from finished.

Some pretty big names, led by Alex Rodriguez, could be on the hot seat.

A-Rod, Ryan Braun, Nelson Cruz, Melky Cabrera and Bartolo Colon are among the 20 or so players who may be disciplined for their links to the now-closed Miami anti-aging clinic, Biogenesis of America.

The players' union says it has been assured no decisions regarding discipline will be made until the interviews are completed.

"It would be unfortunate if anyone prejudged those investigations," union head Michael Weiner said in a statement Wednesday.

And it appears the process has a while to run.

Interviews with players are scheduled until the end of June, according to people with knowledge of the process who spoke on condition of anonymity.

"Every player has been or will be represented by an attorney from the players' association," Weiner said.

MLB has been seeking the co-operation of Biogenesis founder Anthony Bosch since Miami New Times reported in January that it obtained what the paper said were records detailing drug purchases by Rodriguez, Cabrera, Cruz and Colon. THE ASSOCIATED PRESS

Sharapova avoids upset in Paris

Maria Sharapova celebrates match point during her quarter-final match against Jelena Jankovic on Wednesday at the French Open in Paris. CLIVE BRUNSKILL/GETTY IMAGES

Semifinal set.
Defending champ overcomes jitters against Jankovic, faces Azarenka at the French Open

For one full set, Maria Sharapova was about as bad as can be.

The French Open's defending champion could not direct the ball where she wanted at the start of her quarterfinal against Serbia's Jelena Jankovic. Point after point ended with a mistake by Sharapova — long, wide, into the net, 20 unforced errors in all.

It added up to only the sixth time in 626 career matches that Sharapova dropped a first set at love. She lost all of those others, never even forcing a third set. Sharapova did not go quietly Wednesday, though, turning up the level of her shot-making and the volume of her "Come on!" shouts on the way to beating the 18th-seeded Jankovic 0-6, 6-4, 6-3.

"I wanted to put that chapter behind me," the second-seeded Sharapova said. "No matter how many errors I made or how disappointed I was with the way I started the match, I knew that I still could try to create chances out there; obviously taking them is another question."

Jankovic didn't so much earn her early lead as accept it: Of the 27 points she won in that first set, only two came via her winners.

Down the stretch, Jankovic faded, losing the final four games.

In Thursday's semifinals, Sharapova will face No. 3 Victoria Azarenka of Belarus, the two-time Australian Open champion, who eliminated her friend and former doubles partner, No. 12 Maria Kirilenko of Russia, 7-6 (3), 6-2 to reach the semifinals at her fourth major tournament in a row.

Azarenka, who is 7-5 against Sharapova, summed up their latest matchup of power-based games this way: "Definitely going to be exciting and interesting."

The other women's semifinal is No. 1 Serena Williams, a 15-time Grand Slam champion, against No. 5 Sara Errani of Italy. They won their quarter-finals Tuesday.

THE ASSOCIATED PRESS

Clash of tennis titans

No. 3 seed Rafael Nadal and No. 1 Novak Djokovic will battle in Friday's highly touted men's semifinal

- **Easy passage.** Both advanced in Wednesday's action with straight set victories. Nadal drubbed Stanislas Wawrinka 6-2, 6-3, 6-1, and Djokovic eliminated Tommy Haas 6-3, 7-6 (5), 7-5.
- **The other semi** features No. 4 David Ferrer, who defeated No. 32 Tommy Robredo on Tuesday, and No. 6 Jo-Wilfried Tsonga, who is trying to become the first Frenchman in 30 years to win Roland Garros.

NHL safety. Which star will be last visor holdout?

Who will be to the visor what Craig MacTavish is to the helmet?

Ryan Getzlaf? Jamie Benn? Ryan O'Reilly? All are young NHL stars who took off the shield as soon as they made The Show.

MacTavish, now the general manager of the Edmonton Oilers, holds claim to the trivia-friendly title of being the last player in the NHL to go without a helmet.

MacTavish played his last game in 1997, a full 18 years since the NHL grandfathered in mandatory helmets. Players who signed their first pro contract after June 1, 1979, were required to wear helmets.

MacTavish made it just under the wire. His first season was 1979-80, but he signed his first pro contract prior to the deadline.

Starting for the 2013-14 season, any player with 25 or fewer NHL games (including playoffs) to their credit will be forced to wear visors for the rest of their career. Those at 26 games or more will have a choice.

"I thought it was inevitable, and I'm glad to see them put that in there," said Pittsburgh Penguins coach Dan Bylsma at the Eastern Conference final in Boston.

Craig MacTavish was the last helmetless player in the NHL. GETTY IMAGES

"I'm proud and encourage guys to wear visors." said Bruins coach Claude Julien.

About three-quarters of the league already wears visors. Some switched mid-season, notably Eric and Jordan Staal of the Carolina Hurricanes after the eye injury to their brother, Marc, of the New York Rangers.

Some are promising to switch next season, including Maple Leafs defenceman Mark Fraser, after taking a puck to the eye in the playoffs against Boston.

But a handful of high profile players, as well as most of the league's enforcers, are visor-less. TORSTAR NEWS SERVICE

Legislative bout

House of Commons votes yes on MMA

The House of Commons has passed a bill legalizing contact sports such as mixed martial arts.

The legislation, which originated in the Senate, takes certain fighting sports, including taekwondo and karate as well as the popular sport of MMA, out of legal limbo.

The sports were not technically covered under prize-fighting law, making it difficult to regulate them and protect the safety of fighters.

The bill passed the Commons easily with 267 members of parliament in favour and only nine opposed.

Section 83.1 of the Criminal Code only exempted boxing. Some jurisdictions ignored the antiquated wording of the law.

Currently, MMA is sanctioned at a provincial level in British Columbia, Manitoba, Nova Scotia, Ontario and Quebec, while it has been sanctioned on a municipal level within Alberta, New Brunswick and the Northwest Territories.

THE CANADIAN PRESS

Grant pulls no punches ahead of UFC title fight

PHILIP CROUCHER
Metro in Halifax

T.J. Grant now knows the date of the biggest fight of his MMA career.

The 29-year-old from Cole Harbour, N.S., will be headlining UFC 164 in Milwaukee as he takes on champion Benson Henderson for the lightweight title on Saturday, Aug. 31.

Grant earned his first-ever UFC title shot by disposing of Gray Maynard at UFC 160 in Las Vegas last month in an impressive first-round TKO.

"A big opportunity for me, man ... The emphasis is all Benson Henderson from here on out," Grant said Wednesday.

"This is really the epitome of sport, to fight for a world title. To get the opportunity to do that, it doesn't even seem like it has sunk in yet."

Grant is going into the fight in great shape — both physically and mentally. His fight against Maynard ended just 2:07 into the first round, meaning little in the way of damage to Grant.

The victory also improved his record to 5-0 since moving to lightweight, helping to grow his confidence and reputation as one of the best fighters in the division.

Nova Scotia's T.J. Grant will face Benson Henderson with a UFC title shot on the line at UFC 164 in Milwaukee on August 31. METRO FILE

However, Henderson will be the toughest test Grant's ever faced. Henderson, 29, is 18-2 and has won three straight title defences. As well, because it's a title fight, it will be scheduled for five five-minute rounds instead of three.

"He's the champ. He's got a lot of tools in his arsenal," Grant said. "He's really got no weaknesses, but there's obviously points that you have to look to exploit, things I think I'm good at and he's not. Just have to find those. At this level, they don't get any easier and this fight is definitely going to be the toughest fight of my life."

The fight isn't the only major event coming up in Grant's life. The new father of five-week-old baby girl Casey is also getting married on Oct. 5 to his fiancé Belinda.

"I am just looking forward to do my best to win this fight so I can enjoy my wedding," he said.

Horoscopes

♈ Aries
March 21 - April 20
Someone will call on you to mediate a dispute today and while you would prefer not to get involved, you can't really say no. Look at the facts and deliver your verdict — then get out of the way fast.

♉ Taurus
April 21 - May 21
It may be tempting to get angry with someone who brings you bad news but it's not their fault — and won't solve a thing. Besides, if you are honest, you'll admit part of the blame rests with you.

♊ Gemini
May 22 - June 21
Cosmic activity in and around your birth sign may make all things possible but you still need to select your aims with care. Even a Gemini has only a fixed amount of time and energy to invest. Use it wisely.

♋ Cancer
June 22 - July 23
For some reason, you appear to believe that if you don't act immediately you will miss out. Nothing could be further from the truth. In fact, you should drag your feet a little.

♌ Leo
July 24 - Aug. 23
If you try to please too many people, you will end up pleasing no one. You can't do favours for everyone but you can do favours for those who count the most — or whose need is most urgent.

♍ Virgo
Aug. 24 - Sept. 23
A plan close to your heart is coming together and you are almost ready to announce it to the world. Don't be too hasty. Make sure it's foolproof.

♎ Libra
Sept. 24 - Oct. 23
Don't read into what others say today. Most likely they are talking about things they know nothing about. Trust your instincts, even when they lead you in a different direction than everyone else.

♏ Scorpio
Oct. 24 - Nov. 22
Put the past behind you and move on with a smile. Whatever mistakes you may have made mean nothing now, so why make a big issue of them? Life is a learning experience, with lots of loving.

♐ Sagittarius
Nov. 23 - Dec. 21
Never mind what others expect of you, what do you expect of yourself? That question is important but never more so than now as the approaching new moon maximizes your options. Identify your goals.

♑ Capricorn
Dec. 22 - Jan. 20
You may not be the sort to back out of a fight but you are smart enough not to start one when you know you can't win. Someone you work with may be a drag but they also have all the power, so be nice.

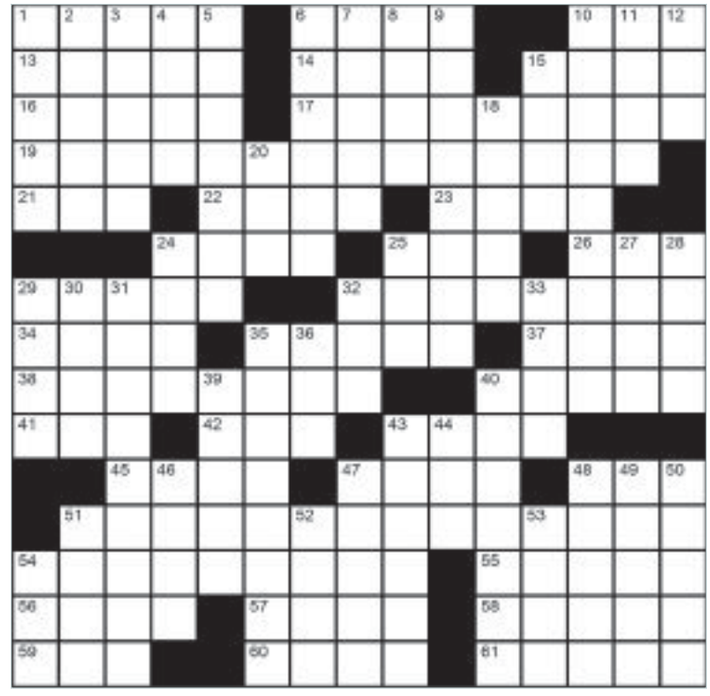
♒ Aquarius
Jan. 21 - Feb. 19
Tempers may get a bit frayed today but looking back you may wonder what all the fuss was about. Still, it's always good to get bad feelings out in the open.

♓ Pisces
Feb. 20 - March 20
Pay attention to a colleague's personal needs today because their interests and your interests are more closely connected than you might imagine. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

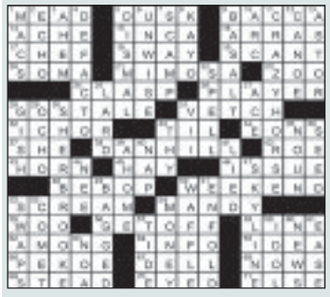
BY KELLY ANN BUCHANAN



Across
1. Bard's below
6. Carlos __ (Spanish tennis player)
10. __-mo replay
13. Bonus
14. Mischa of "My Man Godfrey" (1936)
15. "Take __ __ face value."
16. Measuring stick
17. Rolled-around breaktime sight at work: 2 wds.
19. JUNE 6TH, 1944: Juno, Gold, Sword, Omaha and Utah: 2 wds.
21. Progressive rock band
22. Ye's follower
23. "To Live and Die __ _._." (1985)
24. Russian assembly
25. Trellis plant
26. Dove's murmur
29. Batman abode, Wayne __
32. Escape from prison: 2 wds.
34. Camaro model, __-Z
35. Attempts
37. Against
38. Tidy or groom: 2 wds.
40. Category
41. Fitness system, __ Bo
42. Mil. command posts
43. Eminem movie, "8 __" (2002)
45. Shirley Ann __ (Pulitzer-winning writer)
47. Drive a bike
48. Potpie morsel
51. Meal time-savers: 2 wds.
54. "__ in Seattle" (1993)
55. Annuls
56. Camping beds
57. Have _ __ to pick
58. Mr. Coombs of "Mr. Dressup"
59. "__ showtime!"
60. Lacking
61. Adjust, as an alarm clock

Down
1. Broken-eyeglasses-with-tape characteristic
2. Give off, as confidence
3. Maps book
4. Deuce-ace
5. Halifax __
6. Ancient fortress atop a plateau of Israel
7. Unit of weight
8. Casual affirmative
9. In Ottawa: Library and __ Canada
10. Quebec City, when it was an Iroquoian village
11. Metallica drummer Mr. Ulrich
12. Baseball great Mel
15. Suffix with 'Poet'
18. Where Nairobi is the capital
20. Tree type
24. TV show genre, __-drama
25. Choler
27. Baseball stats
28. "Willie and the Hand Jive" by Johnny __
29. Maid of the __ (Boat ride at Niagara Falls)
30. Harp, in Italy
31. Tom Cochrane tune: 2 wds.
32. Marcel Marceau's clown
33. Leafy veggie
35. Agave beverages
36. Toys "_" __ (Chain store)
39. Victor
40. The __ Family, as on TV classic "Leave It to Beaver"
43. Central spots
44. Partners to egos
46. Roger who played Robin Colcord on "Cheers"
47. Myrrh, for example
48. Inflictions
49. Moviedom's Mr. Murphy
50. Strong point
51. Conspiracy
52. "__: Warrior Princess"
53. Handed-down history
54. __-Fi

Yesterday's Crossword

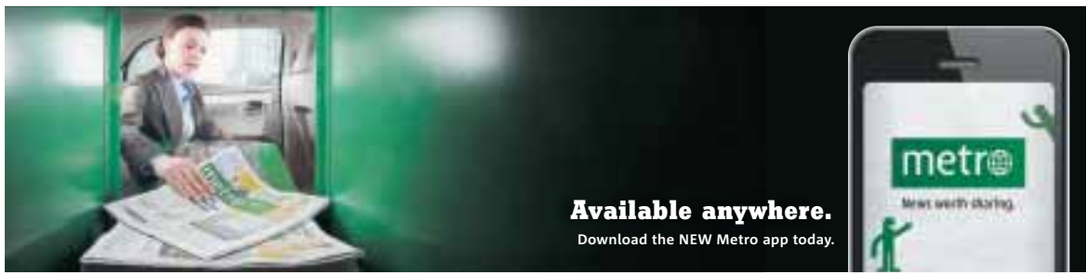


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	3	7	4	5	1	2	6	9
1	4	6	9	2	3	5	8	7
2	9	5	6	7	8	3	1	4
7	6	9	8	3	2	4	5	1
3	8	1	5	4	9	6	7	2
5	2	4	1	6	7	8	9	3
6	1	3	7	8	4	9	2	5
9	5	2	3	1	6	7	4	8
4	7	8	2	9	5	1	3	6



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